

BLACK LORD

POWER TOWER

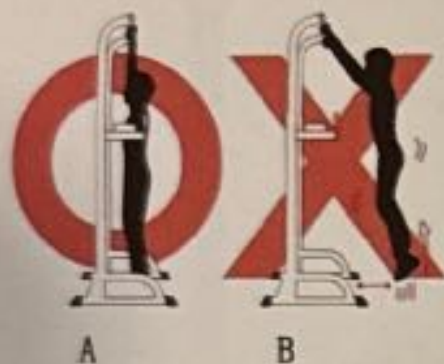
MODEL: WB-CHINUP

USER MANUAL



Safety Precautions:

- Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.
- Keep fingers clear of moving parts.
- For your own safety, always ensure that there is at least 0.6 meter of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose-fitting clothing or jewellery that could become an entanglement hazard.
- Use only under competent supervision.



- A: Standard pull-up is recommended, always keep your body vertical.
B: Please do not flip your body on the power tower.

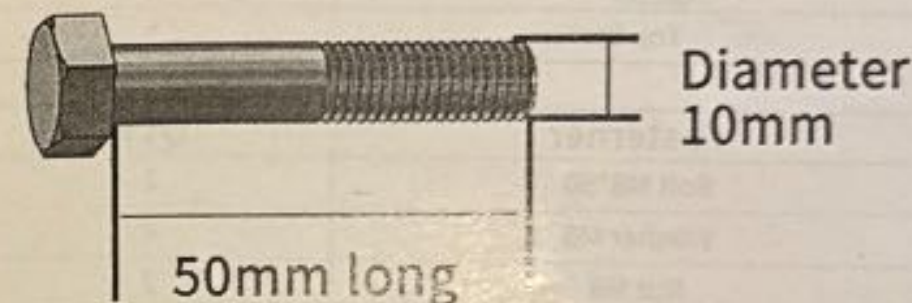
Dear Customers:

- We warmly welcome you to contact us at any time.
- Kindly keep all the packaging until you believe that return is not needed.
- If anything goes wrong, kindly let us know before lodging Return Request. Such as damaged parts, missing parts, change of mind etc; Our team will do our utmost to resolve the case to your ultimate satisfaction.
- Our customer service email: cs_ecom@hotmail.com
- 100% Customer Satisfaction Guaranteed

Tips:

-How to distinguish the size of the bolts:

Sample:M10X50

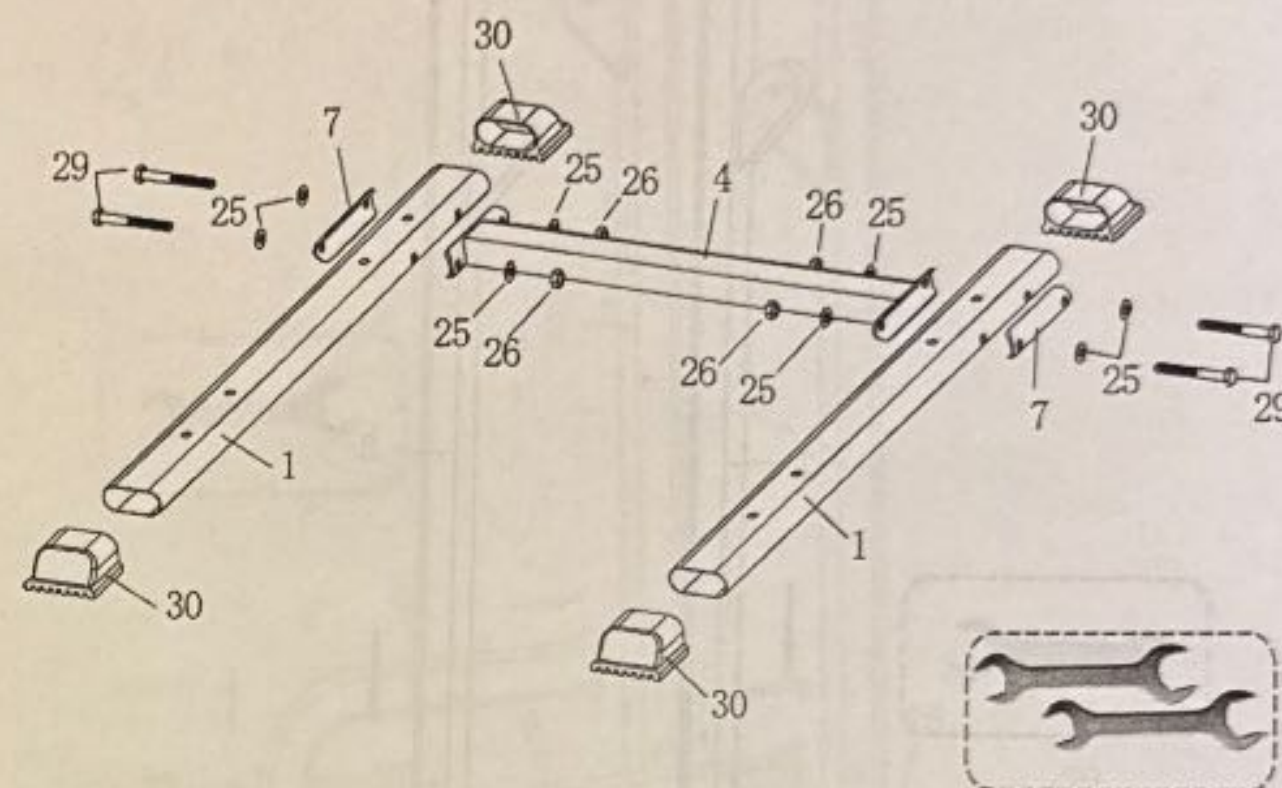


Part list:

No	Part	QTY
1	Base frame	2
2	Left main frame	1
3	Right main frame	1
4	Middle base frame	1
5	Middle frame	1
6	Base support frame	2
7	Metal plate for base (Curve shape)	2
8	Metal plate for middle main frame (Flat)	2
9	Dip frame	2
10	Dip handles	2
11	Arm cushion	2
12	U tube	1
13	Back pad support tube	1
14	Back pad	1
15	Inner frame tube	2
16	Top bar	1

No	Fastener	QTY
17	Bolt M8*90	2
18	Washer M8	4
19	Nut M8	2
20	Bolt M6*10	16
21	Cylinder screw	2
22	Knob Screw for U tube	1
23	Knob Screw for main frame	4
24	Bolt M10*50	2
25	Washer M10	3
26	Nut M10	2
27	Bolt M10*35	2
27-1	Bolt M10*40	2
28	Bolt M10*50	2
29	Bolt M10*90	2
30	Rubber feet	4

STEP 1



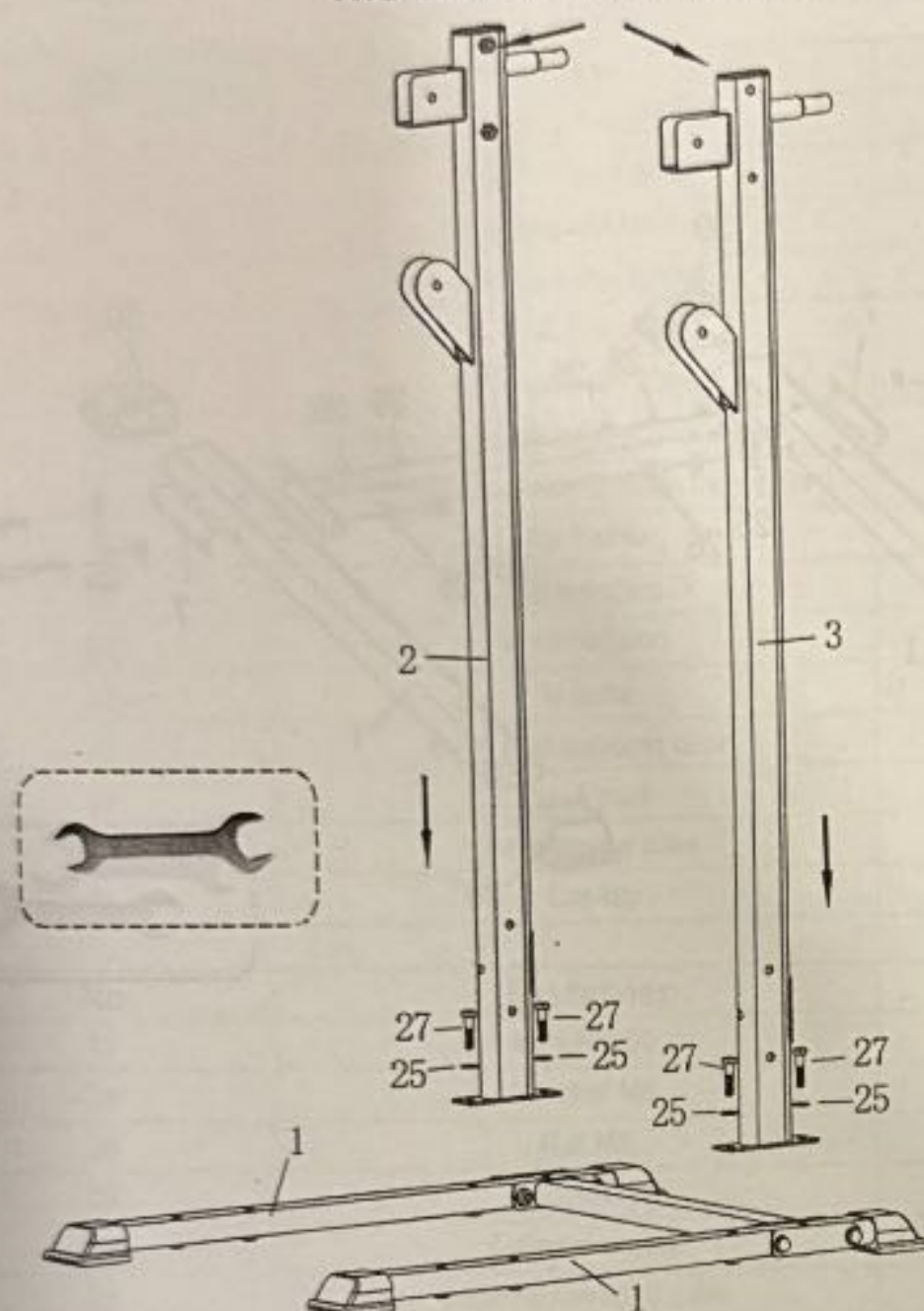
Build up the base first according to the diagram.

Attach the bolts, washers and nuts. Tighten the bolts and tighten all the bolts gradually.

Tips: Use wrench A to hold the nut head, then use wrench B to turn the bolt.

STEP 2

The built-in nuts should face inward.

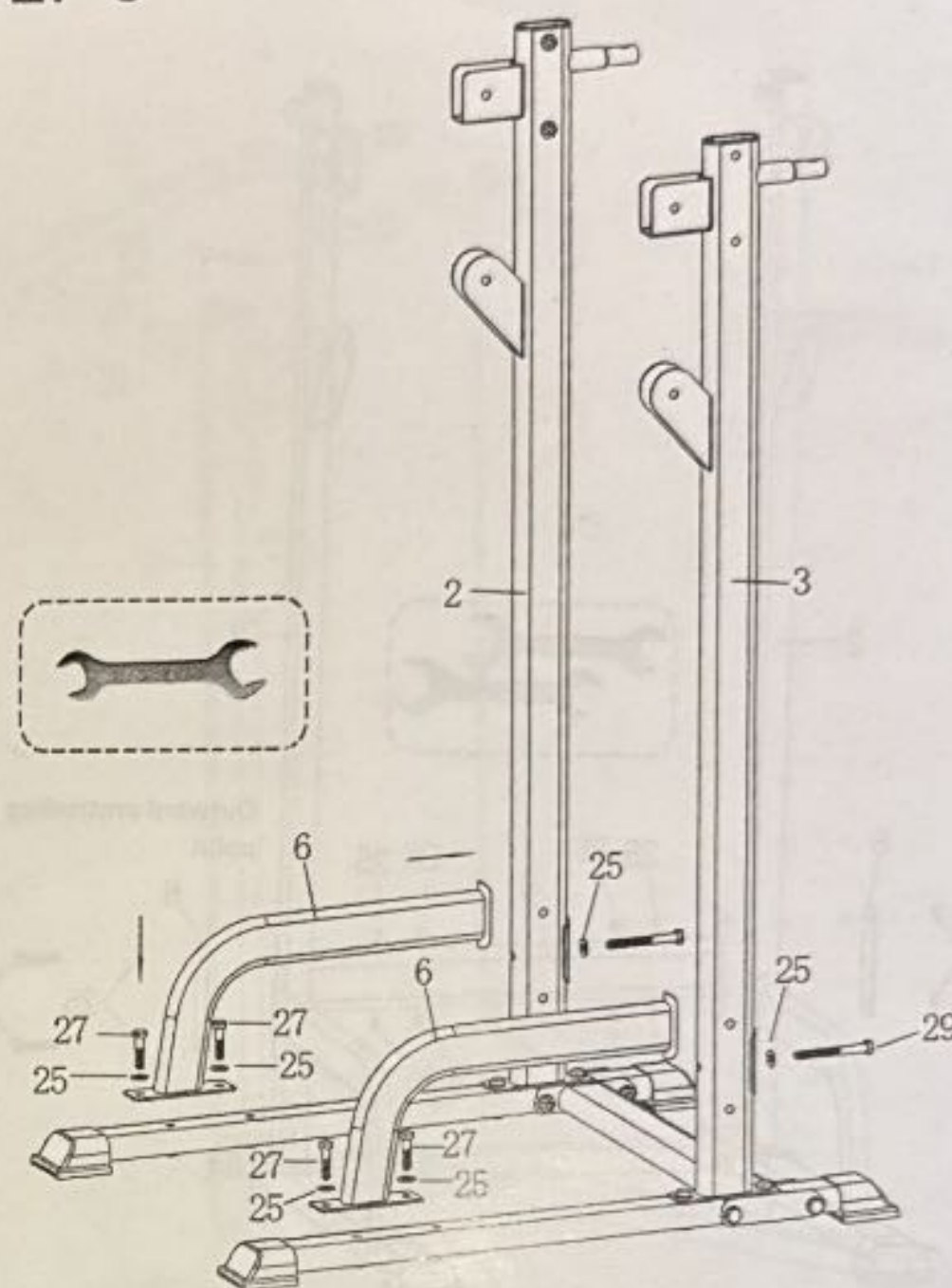


Assemble the left and right main frame on the base.

Attach all the bolts and washers, tighten them at 30% first, then tighten all the bolts gradually.

Tips: The built in nuts of the main frame (Part 2&3) should face inward.

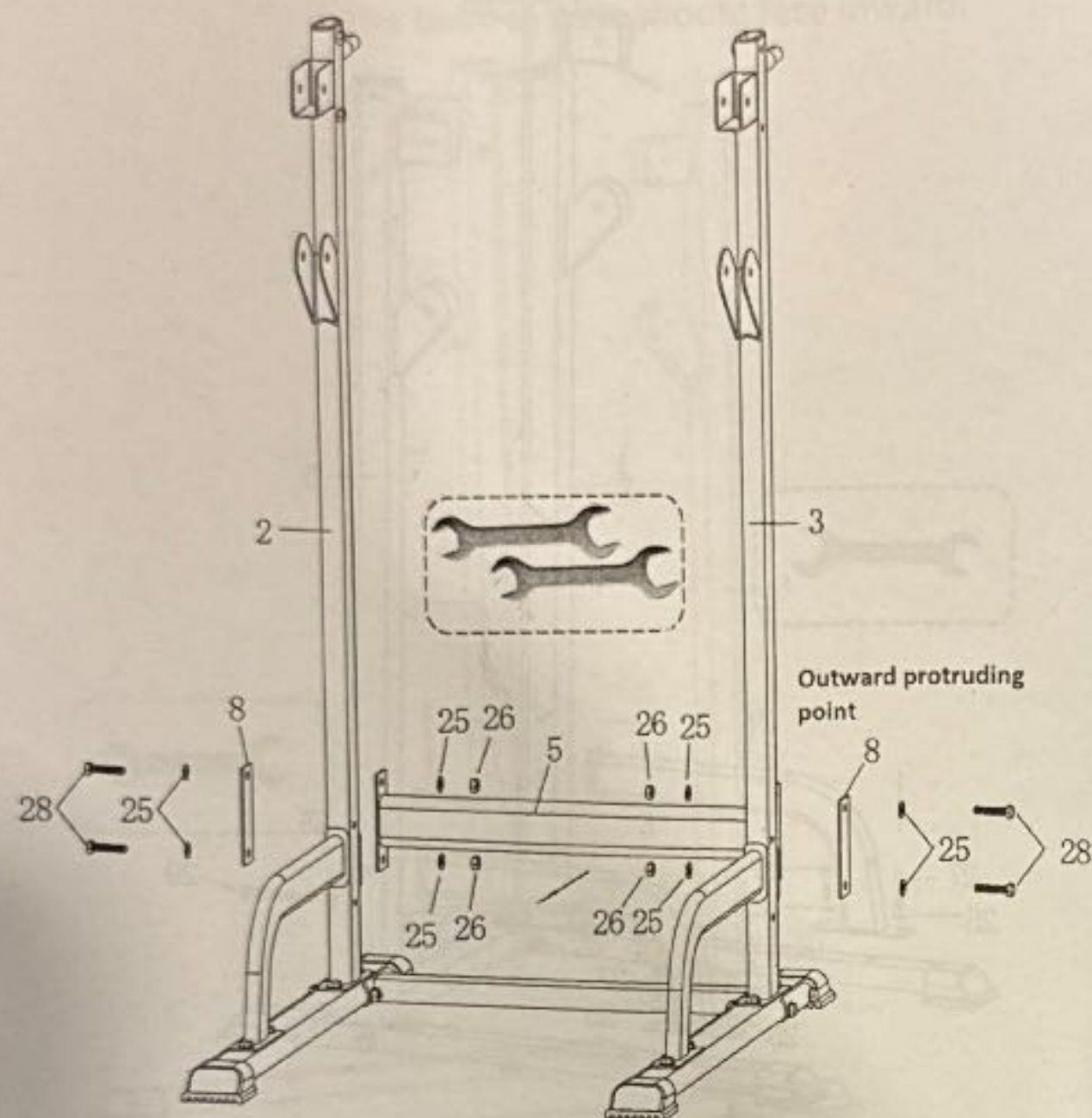
STEP 3



Assemble the support frame (Part 6) for the base.

Attach all the bolts and washers, tighten the bolts at 30% first, then tighten all the bolts gradually.

STEP 4

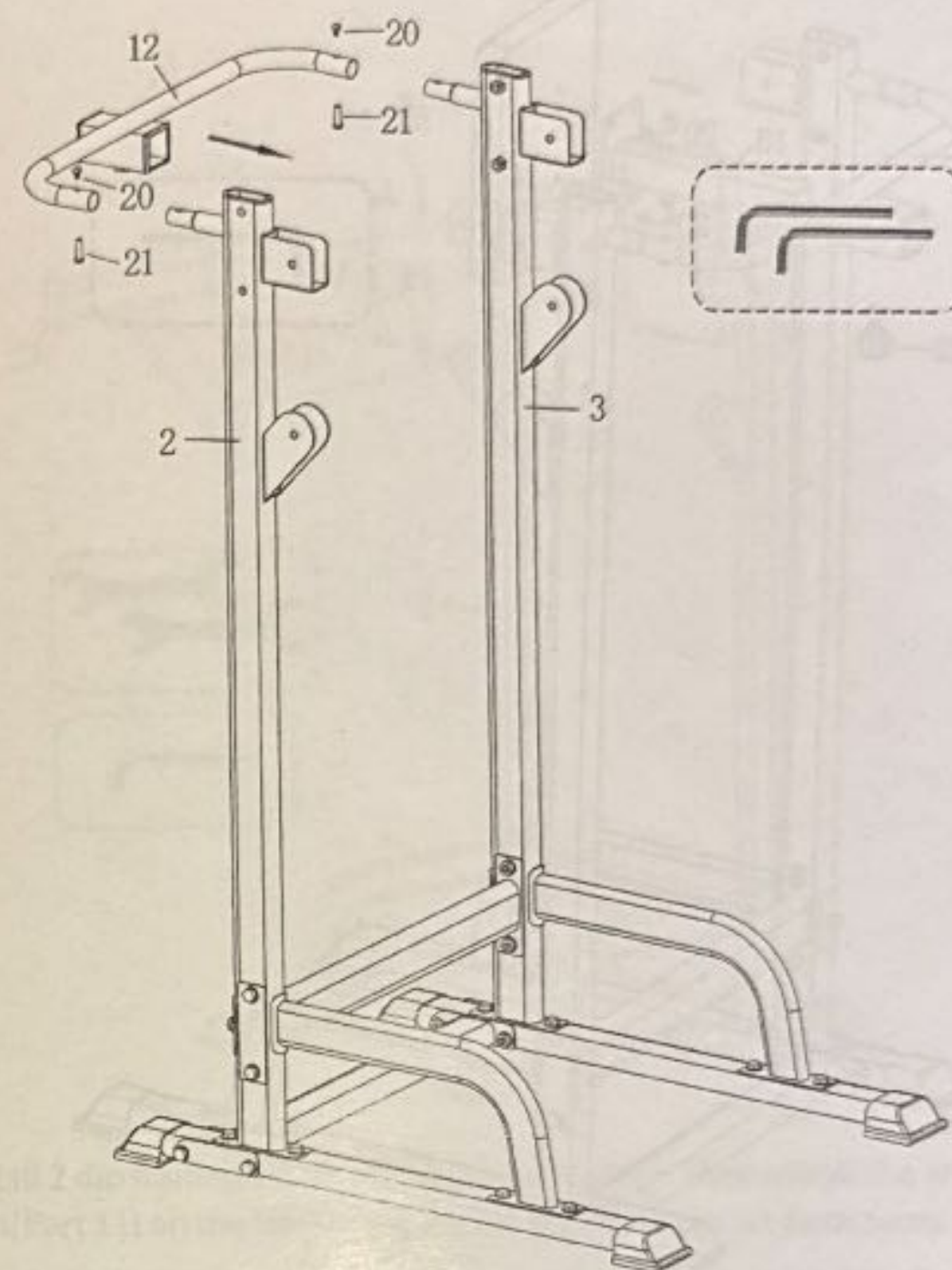


Install the middle frame(Part 5) between the main frame(Part 2&3).

Attach all the bolts, washers and nuts, tighten the bolts at 30% first, then tighten all the bolts gradually.

Tips:Use wrench A to hold the bolt head, then use wrench B to turn the nuts.

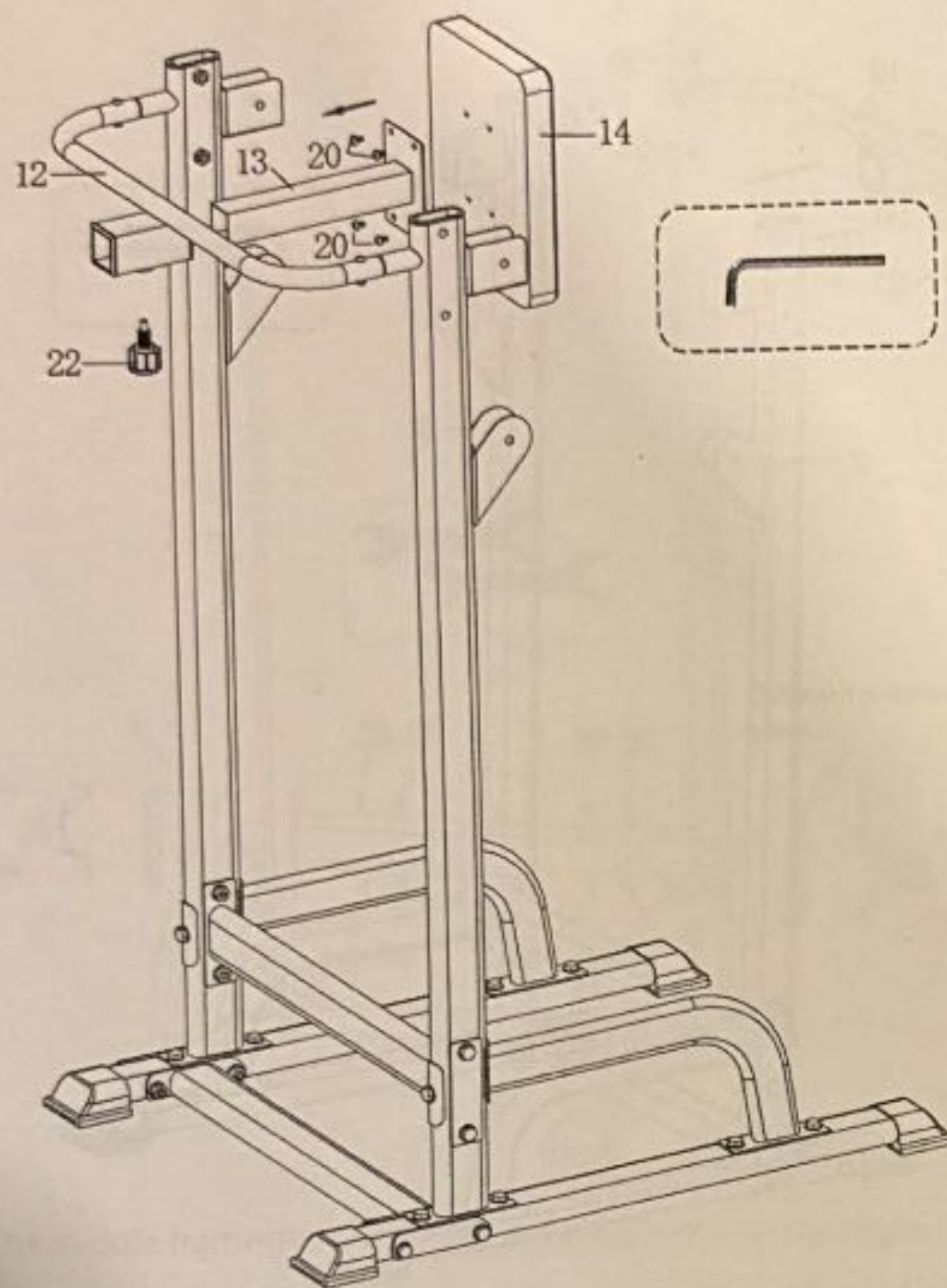
STEP 5



Connect the U tube(Part 12) to the power tower.

Tips:Use 2 Allen Keys to tighten the cylinder screw(Part 21) and M6 screw(Part 20).

STEP 6

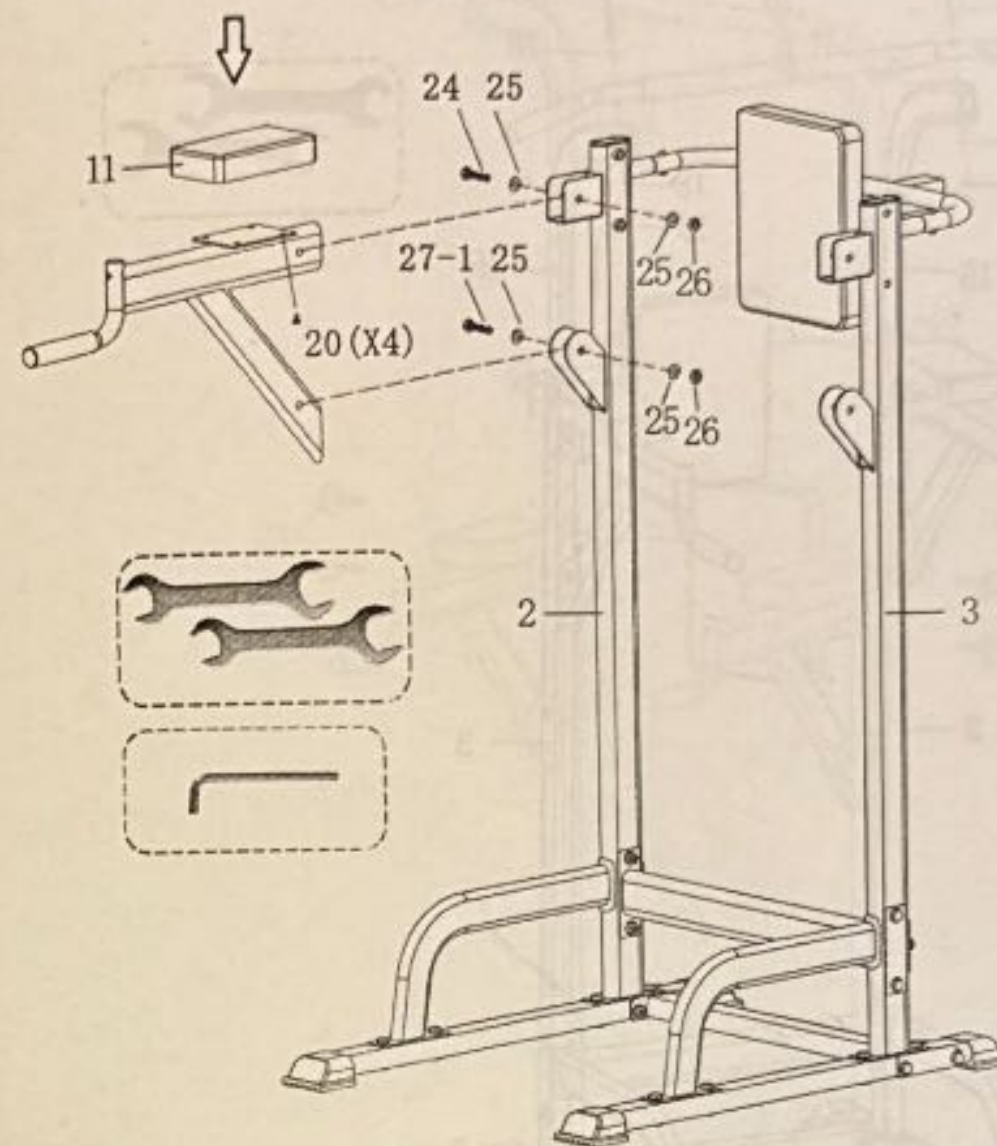


Install back pad(Part 14) and support tube(Part 13) on the U tube(Part 12).

The support tube is adjustable, you can use the knob screw(Part 22) to adjust the position you want.

Tips: Use Allen key to tighten the M6 screws(Part 20).

STEP 7



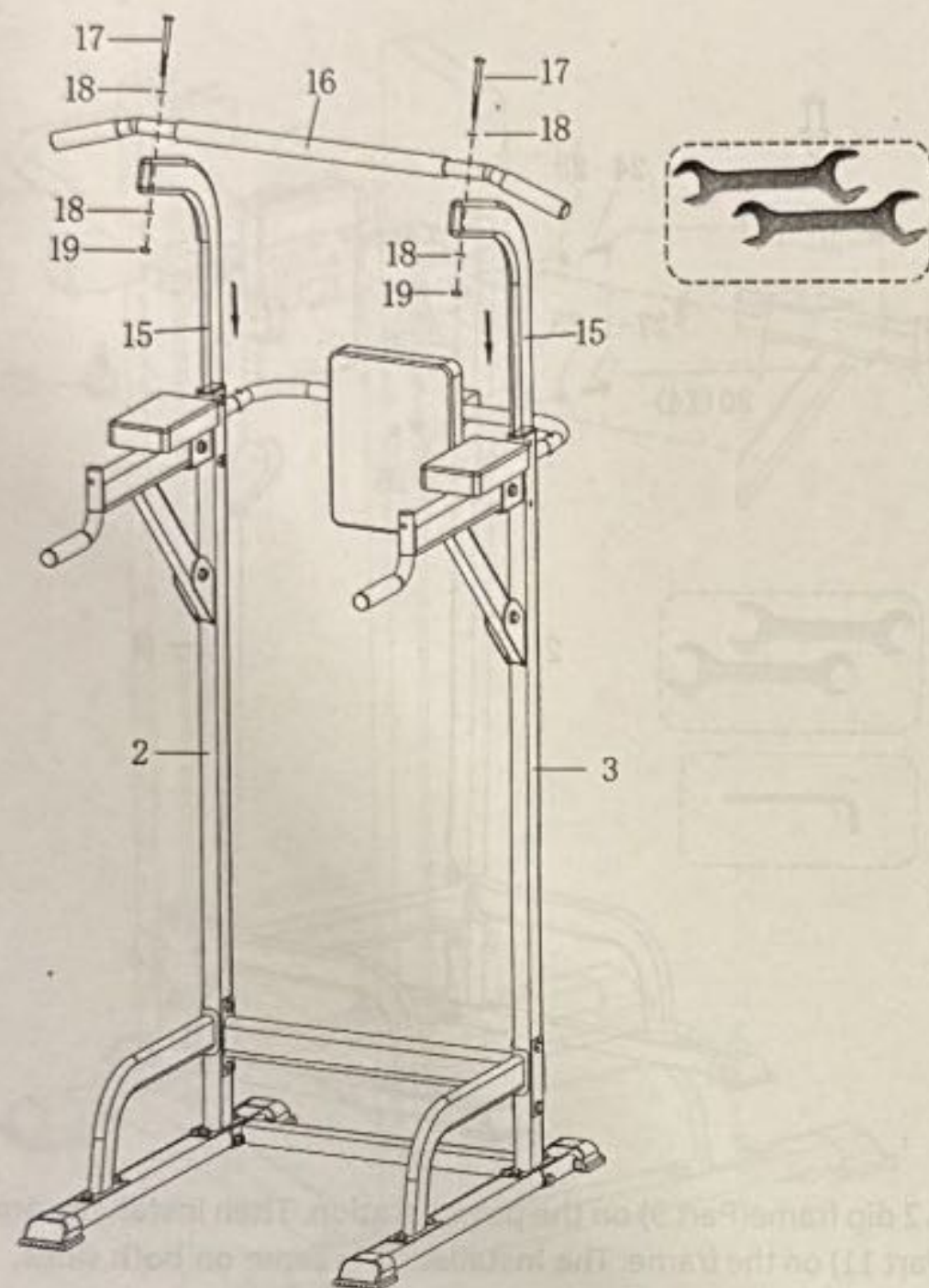
Install 2 dip frame(Part 9) on the power station. Then install the arm cushions(Part 11) on the frame. The installation is same on both sides.

Attach all the bolts, washers and nuts, tighten the bolts at 30% first, then tighten all the bolts gradually.

Tips: Use wrench A to hold bolt head, then use wrench B to turn the nuts.

Use Allen key to tighten the M6 screws(Part 20).

STEP 8

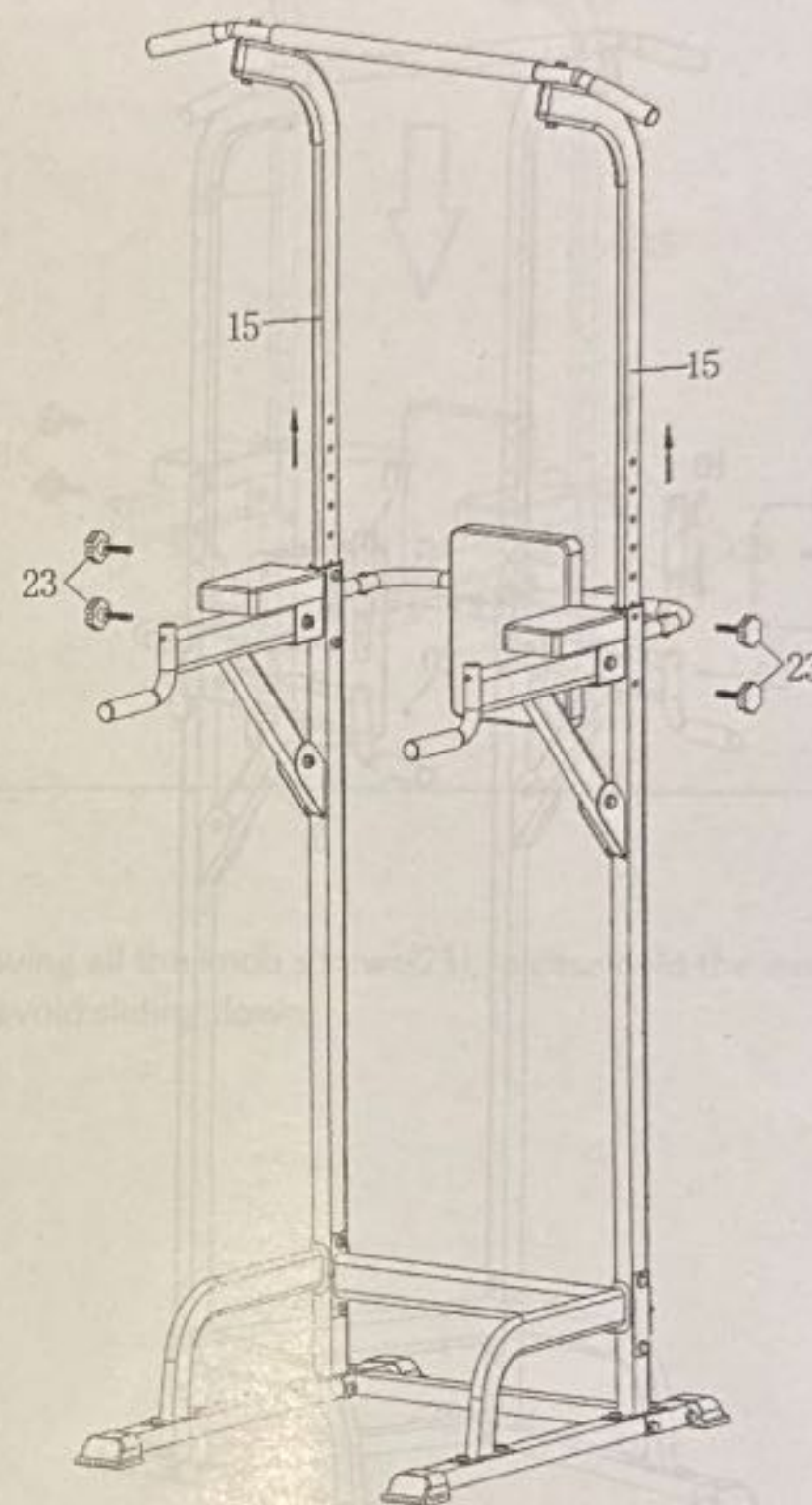


Insert the inner frame tube (Part 15) into the left and right frame (Part 2&3). Then install the top bar (Part 16) on the inner frame tube.

Attach all the bolts, washers and nuts, tighten the bolts at 30% first, then tighten all the bolts gradually.

Tips: Use wrench A to hold the bolt head, then use wrench B to turn the nuts.

STEP 9

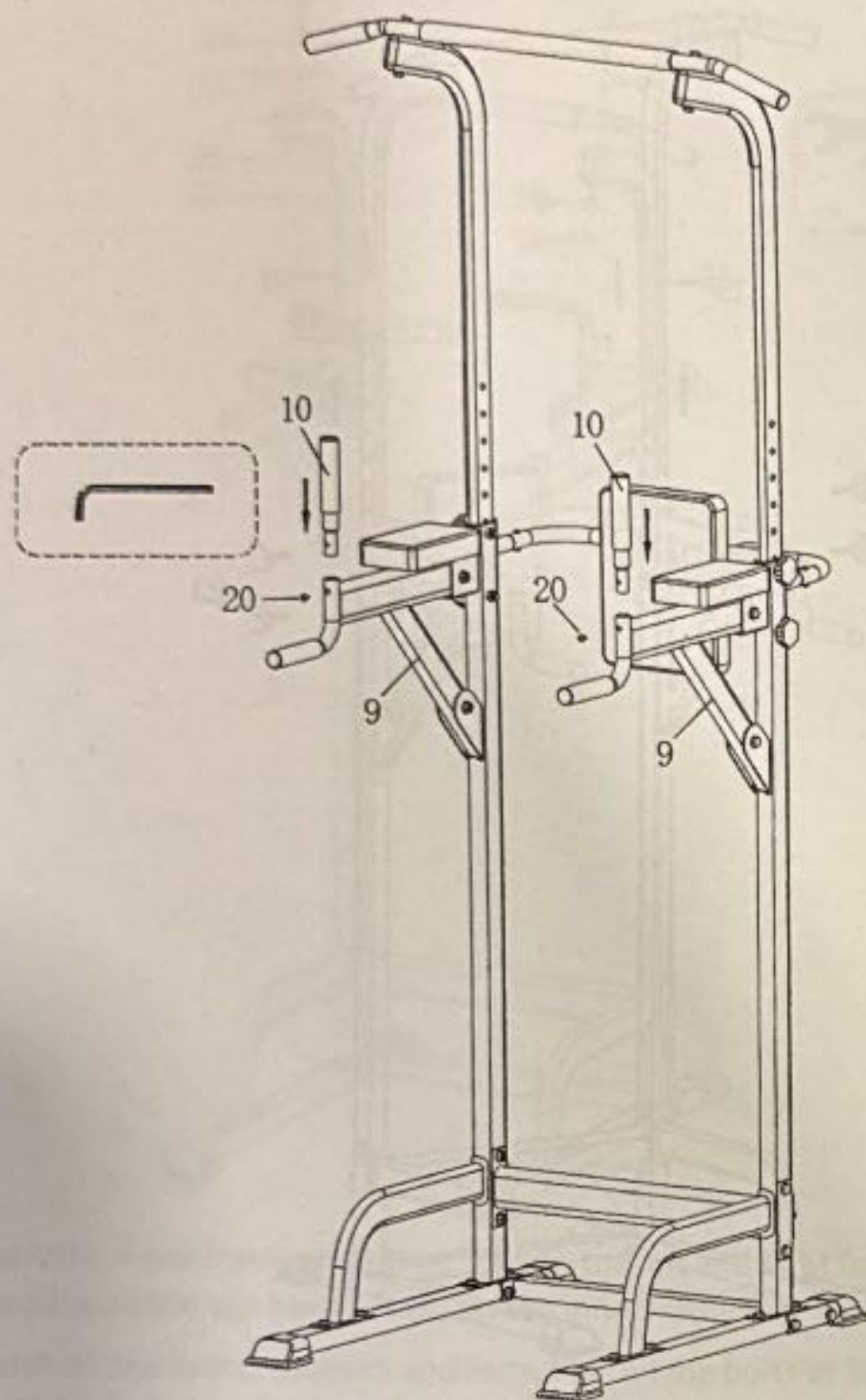


NOTE:

Before removing all the nuts and washers, lift up the inner frame tube (Part 15) to avoid sliding down.

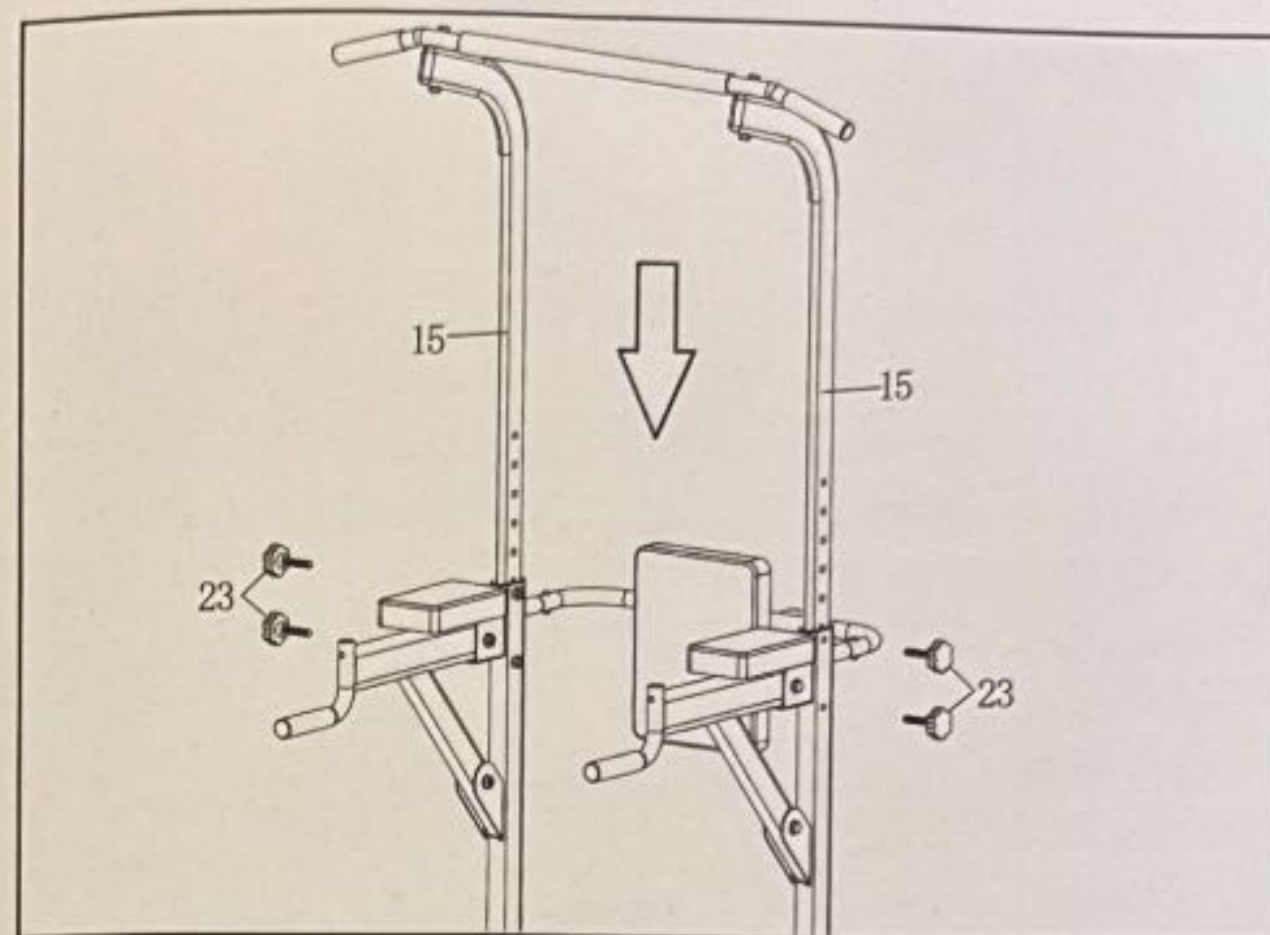
There are 2 knob screws (Part 23) on each main frame of the power tower. The inner frame tube (Part 15) is adjustable, lift up the inner frame tube to the position you want, then use the knob screws to hold the position.

STEP 10



Install the dip handles(Part 10) on both dip frame(Part 9).

Tips: Use Allen key to tighten the M6 screws(Part 20).



NOTE:

Before removing all the knob screws(23), please hold the inner frame tube(15) to avoid sliding down.